

## CLAIMS

1. An exercise machine comprising: a platform for receiving an exerciser, a post extending upwardly from the platform, a carriage which can be moved along the post in upward and downward directions by the exerciser, and a plurality of elastic elements which can be selectively connected to the carriage to assist or resist movement of the carriage in the upward and downward directions.
2. The exercise machine of Claim 1 wherein the carriage includes a backrest for receiving the back of the exerciser.
3. The exercise machine of Claim 1 wherein the carriage includes a handle adapted to be gripped by the exerciser.
4. The exercise machine of Claim 1 wherein the post is inclined at an angle relative to the platform.
5. The exercise machine of Claim 4 wherein the angle between the post and the platform is adjustable.
6. The exercise machine of Claim 1 including a plurality of rollers which mount the carriage to the post for rolling movement along the post.
7. The exercise machine of Claim 1 wherein the elastic elements are bungee cords.
8. An exercise machine comprising: a platform for receiving an exerciser, a post extending upwardly from the platform, a carriage which can be moved along the post in upward and downward directions by the exerciser, horizontally extending arms affixed to the post above and below the carriage, and a plurality of elastic elements which can be selectively connected

between the carriage and the arms to assist or resist movement of the carriage in the upward and downward directions.

9. The exercise machine of Claim 8 wherein the elastic elements are bungee cords.

10. An exercise machine comprising: a base including a platform formed in two sections which are hinged together for movement between an operational position and a storage position, a post extending from the platform, a carriage which can be moved along the post by an exerciser, a plurality of elastic elements which can be selectively connected to the carriage to assist or resist movement of the carriage along the post, and wheels attached to the base for use in moving the machine about.

11. The exercise machine of Claim 10 wherein the post is hingedly connected to one of the platform sections, and a brace is connected between the post and the base for holding the post at different angles relative to that platform section.

12. The exercise machine of Claim 10 wherein the elastic elements are bungee cords.